

QUINOA & BLACK BEAN TACOS

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Ingredients:

- ½ cup uncooked quinoa
- 1 cup water
- 1 can black beans, drained and rinsed
- 1 (10 ounce) can diced tomatoes and green chilies
- ½ cup frozen corn kernels
- ½ cup vegetable broth
- 1 package taco seasoning
- 1 lime, juiced
- 2 tablespoons cilantro leaves
- 1 dozen corn tortillas
- 1 avocado, peeled and diced
- ¼ cup fat-free sour cream

Directions:

- In a medium-size pot, bring quinoa and 1 cup of water to a boil. Reduce heat and simmer until all water is absorbed.
- Stir in diced tomatoes and green chilies, vegetable broth and taco seasoning. Bring to a boil, reduce heat, cover and let simmer until it thickens (about 10 minutes).
- Stir in black beans and frozen corn kernels. Cook until heated through. Stir in lime juice and cilantro.
- Warm tortillas and add quinoa and bean mixture inside each taco. Top with fat-free sour cream and diced avocados.
- Enjoy!!!

Disclaimer: It is the reader's responsibility to check the instructions provided, and to determine nutritional value and any possible medical condition that may arise from the consumption of the ingredients listed.